

## Your Appointment

Date:

Arrival Time:

Location:

## Questions or scheduling

Phone: (518) 269-3074

Fax: (518) 486-8093

## Helpful Reminders

**Insurance and co-pay:** Please bring your current insurance card(s) and co-pay, if applicable.

**Arrive on time:** The injection ordered for you is time sensitive. Arriving on time ensures a more accurate scan.

**Leave valuables at home:** Metal objects, such as jewelry, belt buckles and pocket change will be removed before the scan.

**Canceling appointment:** You must call scheduling (518-269-3074) no later than 3:00 p.m. on the day BEFORE your scan to cancel. The injection compound for your scan must be discarded if not used the same day and may result in additional charges.

**Reports:** NYOH arranges for any previous imaging to be sent directly to us, unless other arrangements have been made with you or your doctor.

## NYOH PET/CT Locations

Visit [newyorkoncology.com](http://newyorkoncology.com) for a map and full driving directions.

### Albany Medical Center

43 New Scotland Avenue, Albany, NY 12208

Park in the Physicians Pavilion lot on New Scotland Ave. and enter hospital through Physicians Pavilion. NYOH is the 4th door on right side of main corridor (1st floor, A Building). Look for the New York Oncology Hematology, PC. ceiling-hung sign.

### Albany Cancer Center

400 Patroon Creek Blvd., Suite 1, Albany, NY 12206

Upon entering Patroon Creek Office Park, proceed straight to bottom of parking lot. Take a right to reach 400 Patroon Creek Blvd. and look for NYOH sign above portico. Please note: Suite 1 is located at the rear of building 400.

### Amsterdam Cancer Center

1700 Riverfront Center, Amsterdam, NY 12010

From Route 67, go past Riverfront Center and take a right on Route 5. Take the next right onto Liberty Street. Continue past stop sign, around to back of building for NYOH/Amsterdam entrance.

### Clifton Park Cancer Center

3 Crossing Blvd. Suite 1, Clifton Park, NY 12065

From Crossing Blvd., park near side entrance of building and use radiation entrance.



[newyorkoncology.com](http://newyorkoncology.com)



## PET/CT Imaging

**NYOH** New York  
Oncology  
Hematology

*Committed to delivering excellent health care services to help our patients continue to tell their story.*

# Preparation Instructions for PET/CT

To ensure the highest level of accuracy for your scan, the instructions below must be followed exactly.

**Food and drink:** Do not eat or drink anything (except water) for at least eight hours before your scan. This includes chewing gum, nicotine gum, candy, mints and cough drops.

**Diet:** A low carbohydrate diet is recommended the day before the exam.

**Medication:** You may continue taking non-diabetic prescribed medications with water except for medications that contain sugar (i.e., THC/CBD gummies or vitamins). If your medications must be taken with food, please ask your doctor whether to skip your morning dose, take it later in the day, or take it without food on the day of your scan.

**Hydration:** Unless you are on fluid restrictions per your doctor, drink plenty of water. It is highly recommended you stay hydrated up until your appointment time.

**Clothing:** Always wear comfortable clothing with no metal (clasps, jewelry). Dress warmly in several layers (even in summer). For best scan results, you should not be chilled before or during the procedure.

**Activity:** Do not perform any strenuous, vigorous activity (e.g., running, weight training) for at least 24 hours prior to your appointment.

**Sedation:** While sedation is rarely needed, if you are claustrophobic or extremely nervous, consult with your physician in advance about using medication prior to PET/CT Imaging. If you do require sedation, arrange to have someone drive you to and from the facility.

# Special Instructions for Patients with Diabetes

In addition to the instructions at left, please follow the instructions below if you have diabetes:

**Food and medication:** You may eat a light meal (no sugars, sweets or caffeine) and take your regular dose of diabetic drugs (insulin, Glucophage, etc.) six hours before your appointment time.

**Special instructions:** If you are a brittle diabetic, cannot maintain glucose levels below 200 or have problems with hypoglycemia, please call your physician for special instructions.

## IMPORTANT

Please contact the PET department prior to your appointment with any special considerations such as incontinence, mobility issues, communication difficulties that require an aide, residing in a nursing care facility, etc. To maintain the integrity of the images, we need to know these considerations in advance. Without advance notice, your appointment will be canceled.

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## What is PET/CT?

**PET (Positron Emission Tomography):** A procedure producing images of the body's biological functions.

**CT (Computed Tomography):** An x-ray generating a detailed view of the body's anatomy or structure of organs and tissues. By combining PET and CT technologies, the images allow us to detect and treat cancer earlier, using the most effective treatment.

## What happens during my PET/CT scan?

**Blood sample:** A technologist takes a blood sample to check your blood sugar (glucose) level.

**Please note:** Glucose levels over 200 require cancellation of your scan. If you have diabetes, inform the PET/CT imaging staff when scheduling the procedure and review special diabetes instructions in this pamphlet.

**Injection:** A tech will inject a harmless small amount of radioactive glucose (FDG) and instruct you to drink 16 oz. of water.

## How does the PET/CT procedure work?

**Restroom:** Following the injection, you will relax for about an hour, then you'll be escorted to the restroom to empty your bladder.

**Scan:** Once you are positioned on the PET/CT table, the scanning bed moves slowly through the scanner as the injected radioactive glucose is detected.

**Images:** A specially trained radiologist will review the images from the scan and provide a detailed report to your physician.

## How long does it take?

**Two hours:** Allow two hours for the procedure. The actual scan typically takes 8 to 24 minutes. A family member or friend will stay in the waiting room once you are ready for the injection.

**Radiation exposure:** While there are no side effects from the injection, anyone having a PET/CT must stay away from children and pregnant women for 24 hours due to radiation exposure. A tech will give you documentation to carry with you for 24 hrs after test completion.